

Wilderness Survival Weekend

Friday

4:00-5:30	Welcome, Registration
5:30-6:30	Dinner
7:00-9:00	Survival Workshops
9:00-11:00	Campfire – Social Time

Saturday

7:00-8:00	Breakfast
8:00-12:00	Workshop sessions
12:00-1:00	Lunch
1:00-5:00	Workshop sessions
5:00-6:00	Free Time
6:00-7:00	Dinner
7:00-9:00	Intro to Tracking Skills
9:00-11:00	Campfire – Social Time

Sunday

7:00-8:00	Breakfast
8:00-12:00	Workshop sessions
12:00-1:00	Lunch
1:00	Departure

Directions to Holiday Lake

From Lynchburg: take 460 East to Appomattox, exit onto Rt. 24 East toward Appomattox Courthouse. On Rt. 24 drive 7 miles, turn right onto Rt. 626, drive 5 miles to Rt. 723 (fork left). The Center is at the end of Rt. 723.

From Charlottesville: take Rt. 20 South to Dillwyn. Turn right onto Rt. 15 South, drive 1 mile, turn right onto Route 60 West. Past Buckingham Courthouse, veer left onto Rt. 24. Drive 10 miles, turn left onto Rt. 626. Drive 5 miles to Rt. 723 (fork left). The Center is at the end of Rt. 723.

From Farmville: take Rt. 460 West to Prospect. Turn right onto Rt. 626 follow Rt. 626 10 miles. Turn right onto Rt. 723, The Center is at the end of Rt. 723.

**For additional information, call Holiday
Lake 4-H Educational Center**

434-248-5444

www.holidaylake4h.com

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

**AN EQUAL
OPPORTUNITY/AFFIRMATIVE
ACTION EMPLOYER**

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in the Banjo Workshop, please contact The 4-H Center no later than two weeks prior to the date assistance is needed between the hours of 8:00 a.m. – 4:30 p.m. Monday through Friday.

Holiday Lake 4-H Educational
Center Presents:

WILDERNESS SURVIVAL & OUTDOOR SKILLS WEEKEND

MARCH 13-15, 2009

**Ever wondered what you'd do if
you were lost in the wilderness or
stranded after an accident?**

Would you know how to survive?

**Join us for a fun weekend and
learn how to SURVIVE and
THRIVE in the wilderness!**

***“The more you know, the less you
need”***

WILDERNESS SURVIVAL WEEKEND

March 13-15, 2009

Registration Form

Name _____

Address _____

Phone _____

E-mail _____

Male _____ Female _____

Cost: \$165.00

Amount enclosed: \$ _____

**Make Check Payable &
Mail registration form to:**

Holiday Lake 4-H Educational Center
1267 4-H Camp Road
Appomattox, VA 24522

Registration Deadline:
February 27, 2009

Cut along dotted line and return registration with payment

What you get:

- ▶ Professional and expert instruction
- ▶ Participation is limited for a better instructor: participant ratio!
- ▶ Each participant will receive a “bow drill” for making fire.
- ▶ Each participant will build their own survival kit (special items included with workshop)
- ▶ Knowledge to last a lifetime!

Weekend Course Listing:

- **Basics of Survival**
“What to think about to stay alive”
- **Primitive Shelter**
“Space blankets to Debris Huts”
- **Water and Wild Edibles**
“Finding water and food”
- **Wilderness Travel**
“Go or Stay-Put? Finding your direction”
- **Fire Craft**
“Making and maintaining a fire”
- **Managing Hypo/Hyperthermia**
- **Intro to Tracking Skills**

Special Information

- ▶ Any participants under the age of 18 must be accompanied by a paying adult.
- ▶ Rustic but comfortable bunk style lodging is provided.
- ▶ A health form (no physical required), a list of items to bring, and other information will be sent as soon as your registration form has been received.

Cost Of Workshop

Only \$165.00!!

Covers all programming and instructor fees, bow drill kit, selected survival kit components, meals and lodging.

WHAT A DEAL!

Refund Policy

- ▶ Full: by February 27, 2009
- ▶ 50% : after February 27, 2009
- ▶ Nonrefundable after March 6, 2009

About the Instructors:

Our Instructors are experts in the fields of wilderness survival, search and rescue, primitive skills, and tracking. Each has provided training and technical assistance to Military, Law Enforcement, and Search and Rescue agencies as well as numerous local, state, and federal government organizations.

All are members of:

- ***International Society of Professional Trackers (ISPT)***
- ***Search and Rescue Tracking Institute (SARTI)***